

A Weigh Out Empowerment Forum

New to Our Forum (or to Forum posting in general)? Here's everything you need to know (and then some) to Post like a pro and to get the most out of the Community experience, step by step...

Getting Started Tips!

1. Login
 2. Click on "**FORUM**" (in the top blue navigation bar)
 3. Click on "**PROFILE**" (right side of first grey box)
- Here's a quick video that'll walk you through how to set up your Profile
<http://www.youtube.com/watch?v=x45ZaduhaxA>

Or skip the video and simply click on these important boxes to get started:

-Your Personal Identity (pick a display name, where you're from, brief bio, etc.)

-Personal Options

- Check the first one if you want your login name and display name to match
- Check the second one if you want to be notified by email when new posts are added to Forums in which you have already posted
- Check the third one if you don't want people to know you are online when you are online

-Select Your Avatar --this is where you add a picture (from your computer), if you wish

*Be sure to click **Update Profile** (bottom left) after each change

Posting is Easy!

- Login and go to **FORUM**
- Page down to click on a specific Forum, and then click on a specific Topic of interest.
Or use this great Shortcut.

In the second Grey Bar, use the drop down menus

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This box will display **all new posts in RED** that have been added to Topics since you last visited the website.

Go right to a favorite Forum using this drop down menu. All Main Forums are listed here.

- Pages are set-up with newest posts at the top, older ones at the bottom (like Facebook)
- Once inside a Topic, to **Add a New Post** to an existing discussion, simply click on **Reply to Post** (located both at the top and bottom right side of every Topic page).
- To **Comment on Someone Else's Post**, look right above the text of that particular post and click on **Quote and Reply**. Write your comments in the box that appears. Then look down to the bottom right and click on the **Post New Reply** button.
- To **Add a New Discussion Topic**, Select a Forum, then click on the button **Add a New Topic** located top right, next to **Reply to Post**

Ways You Can Get Email Alerts When New Posts are Added:

1. Under your Profile/Personal Options, next to “Auto subscribe to topics I post in:” be sure you click until you see the green arrow appear
2. When you post in any chosen Topic, before you hit **Post New Reply** look to the left side of the screen. You’ll see **Subscribe to this Topic**. Click on it until you see the green arrow appear.

When you are subscribed to a Topic, you’ll see the little yellow heart appear to the right of the Topic Name.

All RSS (Orange box bottom left)

Click on this to see a digest of all posts added since you last visited. Click on the headline to go directly to the post.

Subscribe if you would like email alerts. (Process depend on how you receive your email)

If you are a New Member, please introduce yourself . We’d like to get to know you!

-Go to, “New To Our Forum? Welcome!”

-Then click on “New Members-Tell Us a Little About You”

If you have questions, please email us at support@aweighout.com

See you in the Empowerment Forum!

Ellen Shuman
A Weigh Out Founder & Coach